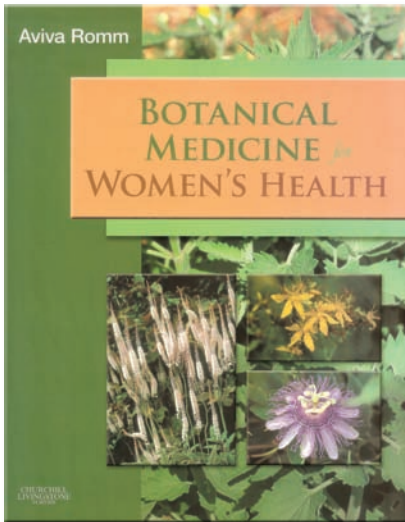


# Essential Herbal Titles

FOR YOUR PRACTICE

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## Botanical Medicine for Women's Health

*The latest must-have text for your clinic*

**Aviva Romm** (ed) CPM, RH (AHG), President, American Herbalists Guild, Executive Editor, Journal of the American Herbalists Guild

This long-anticipated text, with a foreword by Simon Mills, lives up to all expectations.

Aviva Romm has assembled contributions by leading herbalists including Amanda McQuade Crawford, David Hoffmann, Christopher Hobbs, Isla Burgess, Linda Ryan and Australian practitioners Ruth Trickey and Angela Hywood. The book covers the health care and treatment of women according to the changes and conditions that occur within the context of major life cycles. After first exploring key fundamental concepts in a comprehensive manner, it continues with detailed discussions of puberty, menarche, gynaecological and menstrual health, fertility, the childbearing cycle and finishes with the menopausal years. A key feature is the patient teaching guides, such as how to perform breast self-examination or effectively do pelvic floor exercise.

### FEATURES

- The most comprehensive text in the field.
- Expert author Aviva Romm combines her experience as a midwife, herbalist, and now medical doctor, for a fully integrated approach to medical and herbal interventions.
- Plant profiles include principle uses, clinical indications, and safety information on the 10 most commonly used herbs for women's health.
- Detailed illustrations and professional plant photographs enable you to identify herbs visually as well as by substance make-up.

- The specialised focus on women's health and herbal medicine provides the detailed information you need for treating women at any stage of life.
- Content on over 150 herbs for over 35 different conditions make this an up-to-date resource for current, evidence-based information.
- Appendices on common botanical names, quick dose reference charts, adverse interactions, and herbal medicine resources offer practical information at a glance.
- Over 30 expert contributors with a combination of practical experience as clinicians and teachers provide a unique, clinically-based perspective.

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#### *Part One: Foundations of Botanical Medicine*

1. Botanical Medicines, CAM, and Integrative Medicine: Definitions and Use Prevalence 2. History of Herbal Medicines for Women 3. Fundamental Principles of Herbal Medicine 4. Guidelines for Herbal Medicine Use

#### *Part Two: General Gynecologic and Menstrual Health Concerns*

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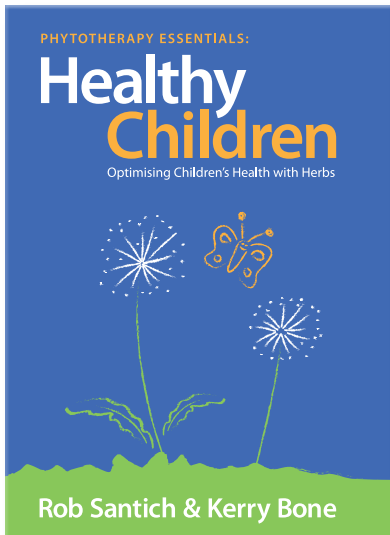
Black cohosh, Blue cohosh, Chaste tree, Dong quai, Ginger, Kava kava, Red clover, St. John's wort, Uva ursi, Wild yam, Summary table of herbs for women's health

Appendix 1

Appendix 1: Common and Botanical Medicine Names Quick Reference Dose Chart

ISBN 978 0 443 07227 2 **694 pages**

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## Healthy Children

*Optimising children's health with herbs*

*The first of the new "Phytotherapy Essentials" series*

**Rob Santich, BHSc,** Dip Med Herb, Dip Rem Massage, NHAA, Adjunct lecturer, School of Health, University of New England, Armidale, Australia

**Kerry Bone BSc (Hons),** Dip Phyto, FNIMH, FNHAA

Healthy Children has been written with the special needs of children in mind. A well-researched text, written by Rob Santich and Kerry Bone who together have almost 50 years of clinical practice, this book provides a comprehensive treatise on the common health problems encountered by children. Sound, practical information based on clinical experience as well as evidence-based research, provides a balanced and authoritative approach to children's health.

### FEATURES

- The first comprehensive text on children's health for the natural therapist.
- Contains up-to-date medical and herbal information on all of the major childhood disorders.
- A detailed examination of around 40 common children's health conditions.
- Tablet and liquid protocols are provided together with relevant case histories.

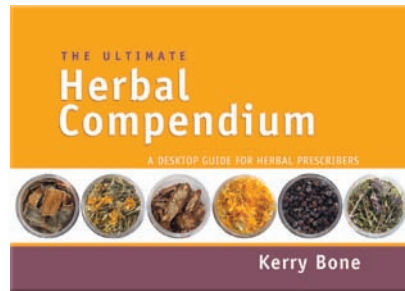
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## The Ultimate Herbal Compendium

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*The most comprehensive, accurate and*

*up-to-date desktop herbal prescribing reference*

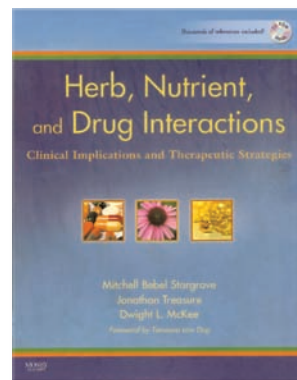
**Kerry Bone BSc(Hons), Dip Phyto, FNIMH, FNHAA, MCPP**

The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health practitioner. It contains up-to-date, easily-found information on a wide range of herbs and conditions, including doses for herbs in tablet form as well as liquids. Careful research of all the available herbal information, combined with Kerry Bone's many years of clinical practice, ensures that all valid herbal treatment options can be considered.

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- Detailed example protocols for 50 major conditions listed.
- A full bibliography outlines all sources used.
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## Herb, Nutrient and Drug Interactions

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(AHG), MCPP, Centre for Natural Healing, Ashland, OR, USA; and **Dwight L. McKee MD,** Diplomate, American Boards of Internal Medicine, Medical Oncology and Hematology, Aptos, CA, USA

Detailed and evidence-based, this comprehensive guide presents interactions between drugs and herbs, drugs and nutrients, and selected herbs and nutrients, including foods and dietary factors. The material looks in detail at the mechanisms of interaction and assesses the research available. Extensive references are also provided on the accompanying CD, and key references are annotated with a descriptive summary of the research and conclusions. Each herb and nutrient monograph features summary tables and concise, practical suggestions that provide quick and easy reference and complement the systematic review and in-depth analysis.

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